

8 Weeks to Bigger Forearms II - Strategies

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Introduction

Hello fellow Freaks!

I hope all is going well with your training! Even though I already know everything is going great, because this site houses only the most elite athletes!

And because of this you need an elite forearm routine!

The following workout is designed to add freaky size to your forearms, and turn them from everyday back-yard snakes to huge Amazon pythons of steel!

And just as the python uses its uncanny gripping strength to kill its prey, so you too will have super gripping strength to match your freaky forearms!

This workout was designed to compliment, Jacob's 8 weeks to bigger forearms (Part I), access it by [clicking here](#). I would also suggest studying the detailed anatomy lesson Jacob included in his article.

By alternating between these two 8-week plans, you will literally never need another forearm routine again!

How to train your forearms for maximum size and strength:

1. Intensity:

You will need all the intensity you can muster to survive these routines. I personally allot a full gym session to just forearms. You see, I feel that this is what it takes to truly develop insanely freaky forearms! Strategic application of the [prioritization principle](#) to your forearms, will force them to literally grow like weeds! By going to the gym with the sole intent of thrashing your forearms, you can apply maximum intensity and most importantly get maximum results. If Popeye-sized forearms are the goal, then I recommend implementing this approach for at least a few weeks.

In fact even if you use this principle 3-4 times a year for a massive burst of growth, you will accumulate more muscle in this area then you would have without it.

2. Threshold for Pain:

The searing pain of a hardcore forearm routine should be enough to make you want to gnaw them off to the bone! I like to compare the pain of a good forearm routine to that of a hardcore calf workout. I have purposely designed this routine to test your pain limits and take you deep into the pain zone! If you apply yourself with maximum intensity, you will actually increase your threshold for pain after you complete these eight weeks! This increase will without a doubt improve each and every one of your workouts.

3. Grip Strength:

There is a direct correlation between forearm size and gripping power. During all movements keep your grip tight. This will force your forearms to work harder, and thus grow more! Also, direct gripping strength exercises will be used heavily in these workouts to increase the forearm's gripping might. My strategies will not only enhance your forearm's size but also every one of your lifts! You see there is not one exercise in this sport that doesn't in one way or another involve grip strength. Can you honestly say you haven't failed on numerous exercises in your career due to weak forearms and not complete exhaustion of the target muscle group? Eliminate this problem and I guarantee greater, more effective workouts for each body part!

4. Correct form:

editors note: Pay careful attention to Adam's advice in this section. This can be the difference between decent and incredible gains! I suggest implementing this immediately into all your forearm routines! His advice here is some of the best I've heard in the area of form.

As Jacob described in Part I, correct form is essential. Even more so for forearms. For any hammer curling movement, imagine trying to touch your thumb knuckle to your wrist. Of course you can't really touch them together, but by keeping your wrist cocked in that position you will be forcing your forearm extensors to take the brunt of the load.

This also applies to reverse curls. Imagine trying to touch your knuckles to the top of your wrists. By keeping this strict form, you will get the most benefit from these workouts. For all wrist curls, go all the way down, and all the way up for a peak contraction, squeezing your forearms hard at the top of the movement.

Inside Expertise

Thick Bars:

The thicker the bar you use for your forearm exercises, the more your fingers have to strain, which in turn means bigger forearms! I like to use a 2" barbell for all my forearm workouts. And if your gym has a 3" bar, I recommend using it! In fact, I recommend a thicker bar for all your upper body movements for a shock! You might even purchase thick grips to increase your ability to perform lifts. Another method would be to simply wrap a towel tightly around the bar to increase its circumference. By doing this you will force your forearms to recruit more muscle fibers to compensate for the extra size.

Take pullups for example. Wrap a towel around the bar and perform your normal sets. You will notice that your ability to get repetitions goes down for a workout or two, but after a couple of workouts your forearms will be larger and you will be able to get the same amount of repetitions as you did before you thickened the bar. Now take the towel off the following workout and watch your pullups number literally skyrocket! This concept works on every lift. Try it on bent over rows, barbell curls, reverse curls etc.

Straps:

I recommend only using straps for the heaviest movements of your back exercises. Even then, attempt to only lean on the straps after failure, grip wise has been reached. For example on deadlifts you might be able to get 4 reps with your own grip and then have to rely on the straps for the final 2-3. By using straps all the time, you are cheating yourself out of forearm size. Stop using straps and your forearms will be forced to adapt to the heavy weights, and will get much stronger and bigger.

Veins:

Remember, veins contain muscle tissue which will hypertrophy(grow) when stressed! Therefore increasing the size of your veins means increasing the size of your pumps! On dumbbell wrist curls, for example, I'll keep a set going until I can't even curl the dumbbell one millimeter. And even after failure I'll roll the bar in my fingers to keep the set going! Those are the kind of pumps you need to get those veins in your forearms that look like blue lightening bolts! Also, of course, a low enough body fat percentage is required.

Further as you will read in this months article on fascia, a pump can directly increase muscular growth!

Warming up

Warming up your muscles is always a good idea. Especially when you're going to be hitting them hard! Flex and stretch your forearms before your workouts, and between sets. Also, I like to warm up every forearm routine with a few light sets of regular and reverse wrist curls. Don't do anything strainful; just try to get the blood flowing, and the tendons loosened up.

Forced negative reps

Forced negative reps are an awesome way to get huge forearms! I didn't include any specifics in these workouts. I designed these workouts so that you could do them if you train alone.

However if you have a partner, I suggest incorporating these in one of the curling motions for every routine. The only phase you shouldn't do them in is phase 3 when double negatives will be incorporated. However, even without a partner you can implement forced negatives. Simply use one arm wrist curls, and assist the weight up with your free hand or apply extra pressure with your free hand.

Good luck!

I wish everyone the best of luck with this plan! Hit 'em hard and I promise you'll love the results! In fact you will be on your way to obtaining forearms that are bigger than most guys' upper arms. Just follow the 8 weeks to bigger forearms routines as I laid them out and this will happen. See the workout by clicking [here](#).

Enjoy your gains!

Sincerely,

Old School.